

The Light  
Nineteen Hundred And Seventy-Six







*Susan Britt*

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the way We were ...



when We thought that We had given all the love We had,  
and We really hadn't ... and then We did  
being so tired Our minds were in Our shoes,  
but We stepped even higher  
made happy by almost everything,  
yet saddened by the smallest hurt

... We forgave

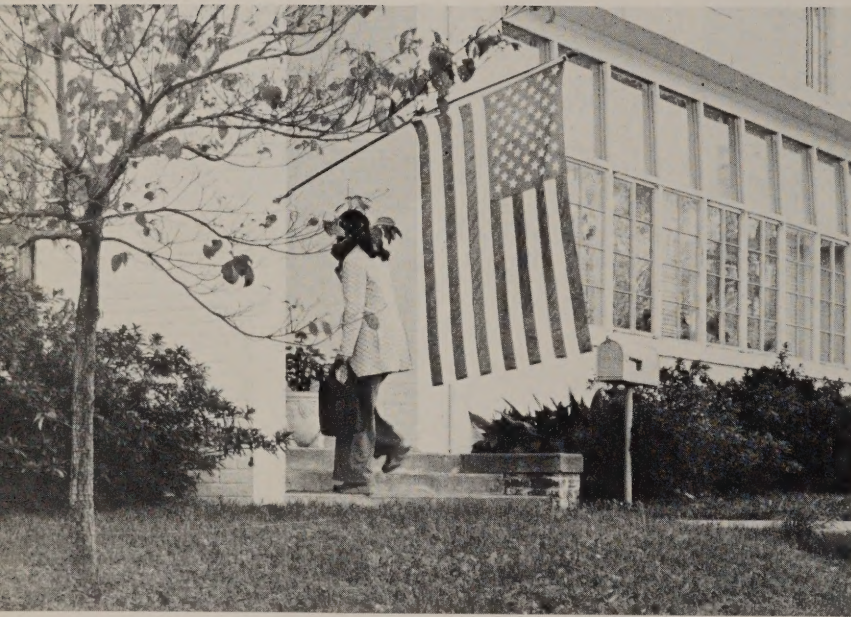
because that's the way We were.



D. Huggins

D. Williamson

D. Small



#### THE LIGHT 1976

Dedication

Classes

Organizations and Awards

Special Moments

Special People in Our Lives

Ads

Lenoir Memorial Hospital  
School Of Nursing  
Kinston, North Carolina



## The Way We Were

Memories—light the corners of my mind.

Misty water color memories—of the way we  
were.

Scattered pictures of the smiles we left behind,

Smiles we gave to one another

For the way we were.

Can it be that it was all so simple then,

Or has time rewritten every line?

If we had the chance to do it all again,

Tell me would we?

Could we?

Memories may be beautiful, and yet,

What's too painful to remember

We simply choose to forget.

So it's the laughter

We will remember

Whenever we remember

The way we were;

The way we were.

Lyrics by

Alan & Marilyn Bergman



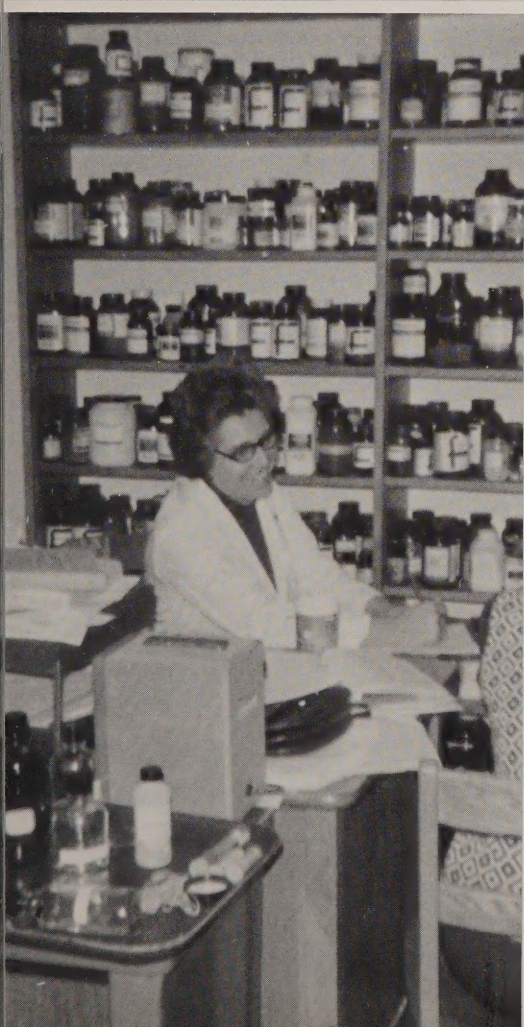
### THE FRIEND I WANT

*I only want one friend, just one,  
Some understanding soul,  
Who knows my moods and attitudes,  
And loves me, part and whole—  
A friend, who, when I'm sad and blue,  
Will take me by the hand,  
And make me feel with friendly zeal  
That they can understand;  
And who, when I'm in merry mood,  
A dozen minutes after.  
Will not repress my foolishness,  
But join in all my laughter—  
A friend who gives their best to me,  
And who, with stubbornness demands  
You see, the best in me  
And will accept no less,  
I only want one friend;  
Just this one will amply do;  
A friend in need, in thought, in creed;  
In other words . . . just you.*

*Le Neve Zimmerman*

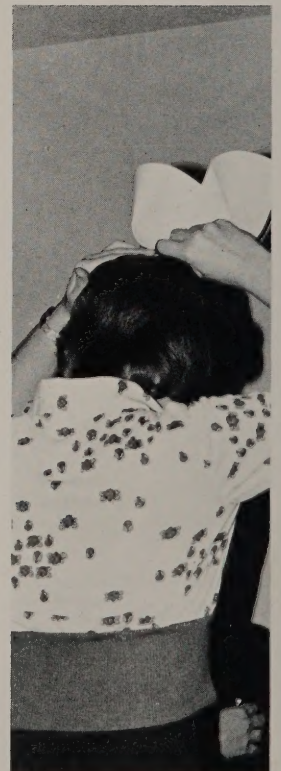
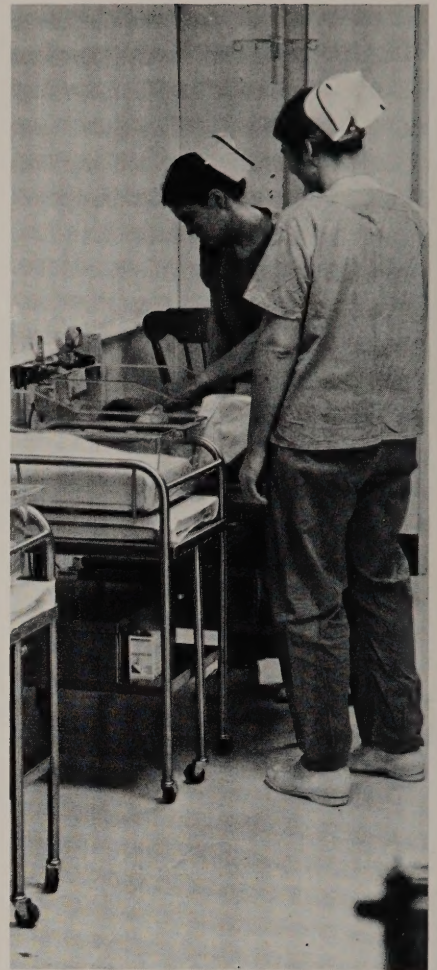








# Seniors







Senior Class Officers: President Renae Dail, Vice President, Sandy Rich, Secretary, Vickie Taylor, Treasurer, Linda Jones, Parliamentarian, Patty Sparrow.

Senior Class Advisor: Rosalind McDonald, R.N.

If a child lives with criticism, He learns to condemn.  
 If a child lives with hostility, He learns to fight.  
 If a child lives with ridicule, He learns to be shy.  
 If a child lives with shame, He learns to feel guilty.  
 If a child lives with tolerance, He learns to be patient.  
 If a child lives with encouragement, He learns confidence.  
 If a child lives with praise, He learns to appreciate.  
 If a child lives with fairness, He learns justice.  
 If a child lives with security, He learns to have faith.  
 If a child lives with approval, He learns to like himself.  
 If a child lives with acceptance and friendship, He learns to find love in the world.



Mary Catherine Barnette

*Kinston, N.C.*

"A merry heart doeth good like a medicine,  
but a broken spirit drieth the bones."







Judy Lynn Beamon

*Walstonburg, N.C.*

*"Where love rules there is  
no will to power."*





Deborah Ann Callihan

*Kinston, N.C.*

"All the wonders you seek  
are within yourself."







Renae Hammond Dail

*Kinston, N.C.*

"Just be yourself,  
if you don't no one else can."







Gwen Gale Gardner

*Elizabeth City, N.C.*

"A day is wasted without laughter."



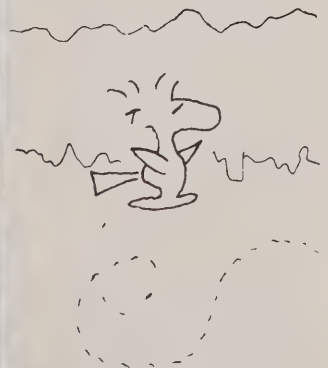
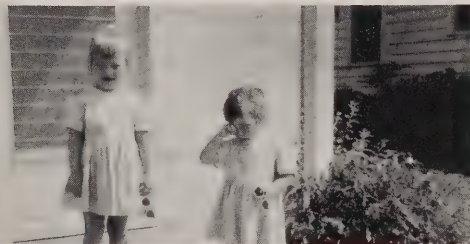




Darlene Hester

*Raleigh, N.C.*

"The supreme pleasure of life,  
is to promote the joy of others."







Kimberly Hoffman

*Kenansville, N.C.*

"All that I am or hope to be  
I owe to my mother and father."







Darlene Huggins

*Kinston, N.C.*

"Wherever you go, whatever you do,  
be happy."







Sheryl Elizabeth Jackson

*Jacksonville, N.C.*

"A smile is just a curved line,  
but it can straighten out a lot of things."

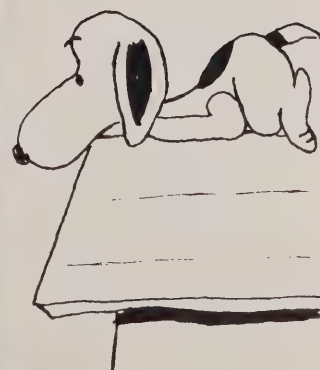




Linda Gail Jones

*Rocky Mount, N.C.*

"It is a great thing  
to do a little thing well."



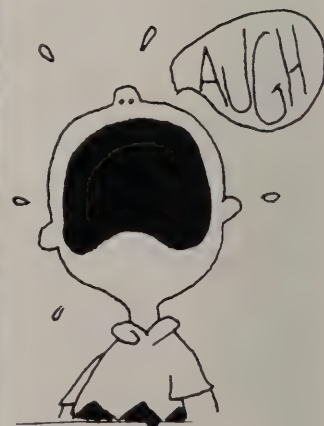




Anna Louisa Kirby

*Sumter, S.C.*

"If at first you don't succeed—  
try, try again."





Deborah Ann Maready

*Beulaville, N.C.*

"The Lord sometimes takes us into troubled waters  
not to drown us, but to cleanse us."







Lela Ann Parker

*Kinston, N.C.*

*"I have no way of judging the future  
but by the past."*

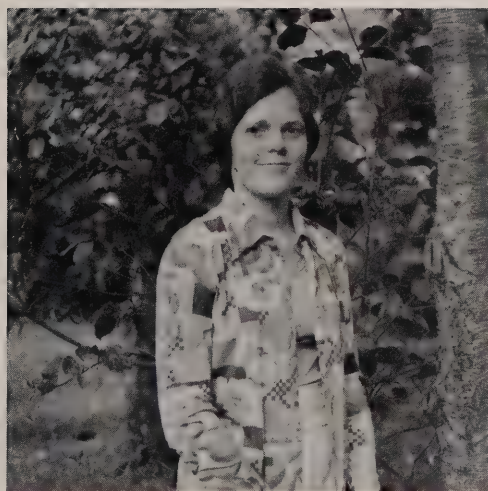




Sandra Faye Rich

*Rocky Mount, N.C.*

"Since God made us to be originals,  
why stoop to be a copy?"



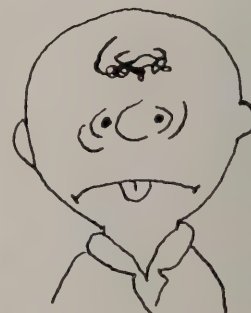




Peggy Barwick Southerland

*Mount Olive, N.C.*

"It's amazing how stupid you can be  
when you're in love."





Patricia Baumgardner Sparrow

*Kinston, N.C.*

"Live each day to its fullest; then,  
look to the morrow."







Joyce Williams Stroud

*Deep Run, N.C.*

"Smile!

Make the world a happier place."





Vickie Turner Taylor

*Kinston, N.C.*

"Work for the Lord—the pay is not much,  
but the retirement plan is 'out of this world'."







Mary Thal Sipes

*Walnut Cove, N.C.*

"I am only one, but I am one. I cannot do everything but I can do something; and what I should do and can do, by the Grace of God, I will do."

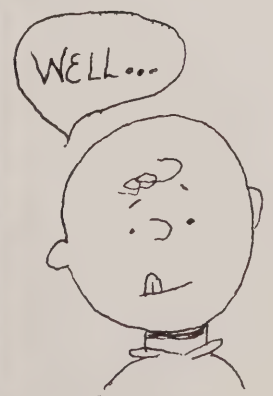




Shelia Eason Wheeler

Roanoke Rapids, N.C.

"Love does not consist of gazing at each other,  
but looking outward together in the same direction."







Debra Lynn Williamson

*Burlington, N.C.*

"Owe no man anything, but to love one another;  
for he that loves another has fulfilled the law."







# We'll Always Remember

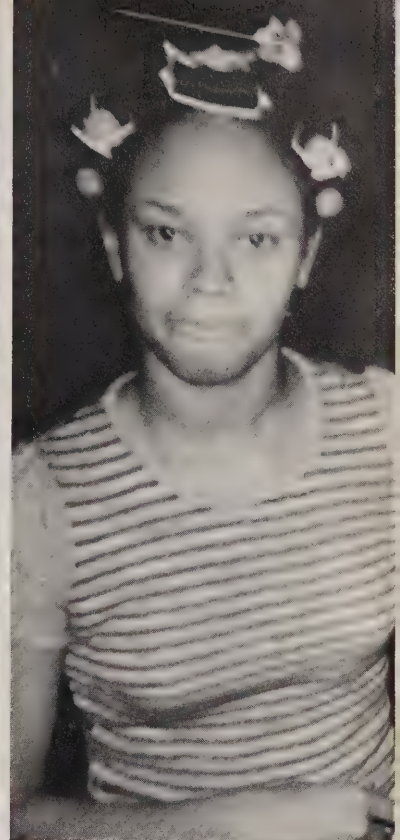
How it all began on Sept. 4, 1973 at 10:00 a.m.

Mary playing Santa Claus  
"Do it again, Judy" (Do You Hear What I Hear")  
Patty's 'rocking' study hours  
Peggy's casual way of showing us her diamond  
Callihan's summer of softball games (tee hee hee!)  
When Renae found the skeleton hand under her pillow  
Shelia's 'eye Language' and red pajamas  
Gwen's "thing" for ankles  
Hester getting locked in at Cherry  
Kim's countdown for Keith's homecoming and then a handshake  
Huggins got a calldown and decided to leave school  
Jackson's philosophy "I hate Mondays et Tuesdays et Wednesdays et Thursdays et I tolerate Fridays"  
Linda found true love  
Kirby's secret (?) love affair with DCB  
Maready asking a doctor "Who are you anyway?"  
Lela's kiss under the mistletoe  
Trying to wake Rich up at 6:00 a.m.  
Joyce believing there really was a rat in the washing machine  
Mary Thal's gourmet cooking  
Vickie's fish et how lonely he was in the hall  
Weasel playing an IV pole on Surgery (Mrs. Sugg?)  
All those funny faces in the bathroom in the morning  
Janet and Maurice, Mat and Bessie  
Parnell, Scheetz, Gloria, and Yvonne  
"Young and Restless" at 12:00 in the TV lounge  
Dr. Phillips' concern for his dog's nutrition  
Anatomy lab practicals  
The burning of "Horton and Hunt"  
Chemistry labs et our blazes there  
Our very first IPR's with real live patients  
The excitement of wearing uniforms in public for the first time  
The shock of having homework in Fundamentals on the first day  
Required Readings  
The first time we changed dressings with a doctor  
MABEL ... !!!  
The *BIG WHITE BUS* and our many 'marks' all over Kinston  
Pushing the bus on Queen Street when it died on us  
Donut sales  
Being quizzed on the floor and trying to find new hiding places to escape it

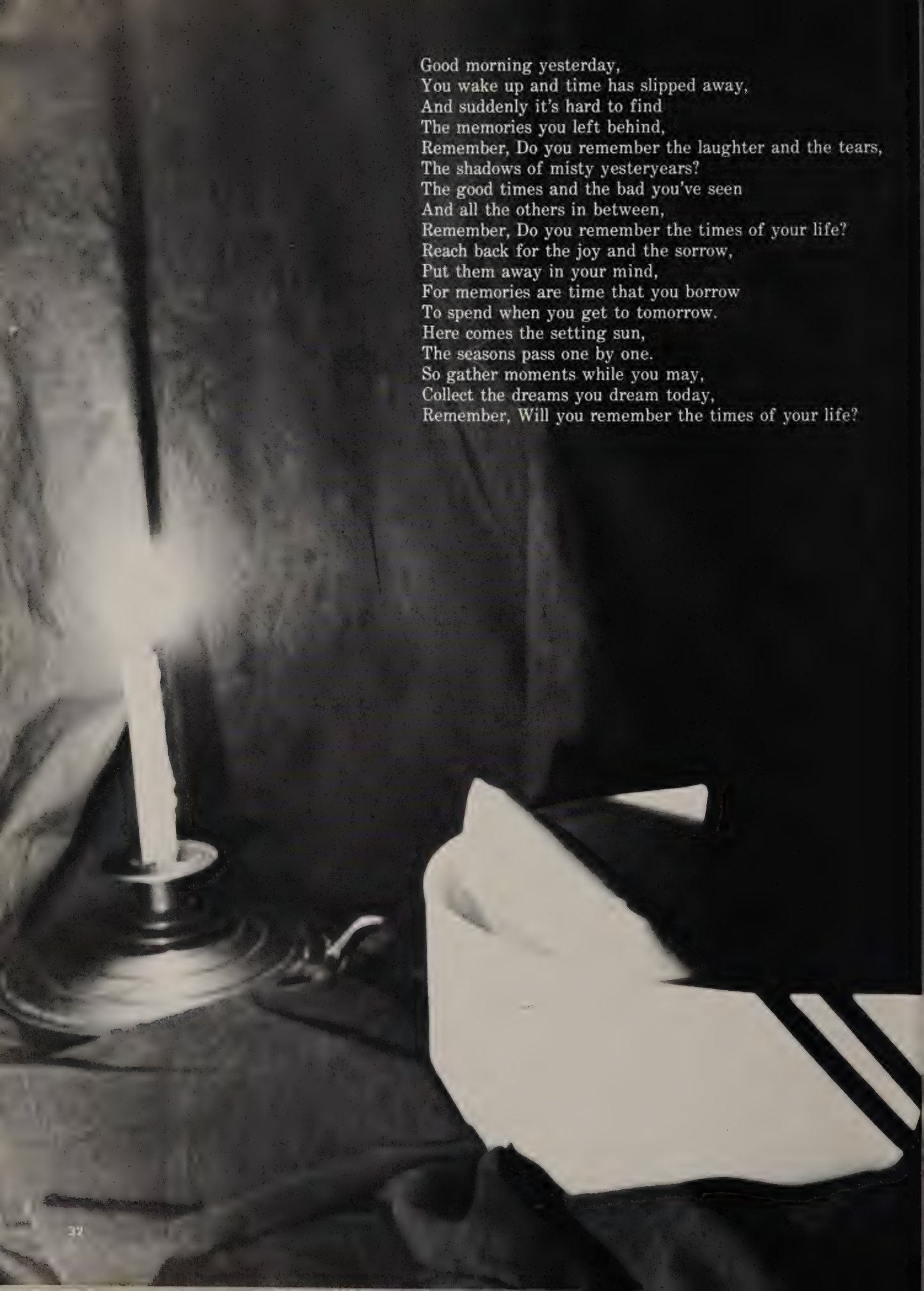
Our Capping ceremony

"Now, Gang, we'll get to that later" (and how we never got to *any* of it  
Actually having 2 stripes added to our caps  
The *Right* way to give a Z-track injection  
Being expected to know more every time a new stripe or band was added to our caps  
The thrill of ordering white uniforms—finally  
The "knocked over" dog at Cherry  
Carl Rogers tapes  
Bonanza every Tuesday night  
Drastic change from Med-Surg to Specialties  
The first birth we saw  
The telephone nobody knew how to answer  
Alternate periods of no airconditioning  
Jumping the fence to work on the Christmas float in '73  
Pizza parties and birthdays  
The strategy involved in making up third floor beds  
"Jiggle the handle on second floor!"  
How it manages to rain every time we polish our shoes  
Showers at the hospital  
Mrs. Skinner's pregnant walk  
Mrs. McDonald's et Mrs. Ham's laughs  
Trips to the mall  
How vacations always seem to come at the right time  
Needlepoint and crocheting  
Moses Hall  
Being called every kind of student *except* LMH  
Term papers and case studies  
Realizing that we really do *love* our school  
Rendezvous in the parking lot  
Working on Friday nights on Orthopedics  
3 glorious years without a calldown  
Runs in your only pair of hose  
Sing-A-Longs  
Being punchy  
Disaster drills at Cherry  
The many pronunciations for Maready and Thal  
The "susters"  
That we all managed to give each other the support we needed—when we needed it, and learned the true meaning of the word "FRIEND"  
The good times really *do* outnumber the bad by a long ways  
The grand finale, "THE IMPOSSIBLE DREAM"—how it all ended in a new beginning at 8:00 p.m. on June 11, 1976.









Good morning yesterday,  
You wake up and time has slipped away,  
And suddenly it's hard to find  
The memories you left behind,  
Remember, Do you remember the laughter and the tears,  
The shadows of misty yesteryears?  
The good times and the bad you've seen  
And all the others in between,  
Remember, Do you remember the times of your life?  
Reach back for the joy and the sorrow,  
Put them away in your mind,  
For memories are time that you borrow  
To spend when you get to tomorrow.  
Here comes the setting sun,  
The seasons pass one by one.  
So gather moments while you may,  
Collect the dreams you dream today,  
Remember, Will you remember the times of your life?





**JUNIOR CLASS:** Pres. S. Peedin; Parl. C. White; Treas. D. Small; V. Pres. C. Efird; Sec. D. Wetherington. Motto: "Give to the world the best that you have, and the best will come back to you." Flower: White Rose; Colors: Yellow and Navy Blue.









Jean Davis, Charlene Efird,  
Bettie Holloman, Sandra  
Mewborn, Susan Peedin, Penny  
Rachiell, Betty Rupp, Darcie  
Small







RN's? May be someday.



Debbie Wetherington, Cecilia  
White, Renee White, Gail  
Wilson, Tessie Young



## ANYWAY

People are unreasonable, illogical and self-centered.

Love them anyway!

If you do good, people will accuse you of selfish ulterior motives.

Do good anyway!

If you are successful, you will win false friends and true enemies.

Succeed anyway!

The good you do today will be forgotten tomorrow.

Do good anyway!

Honesty and frankness makes you vulnerable.

Be honest and frank anyway!

The biggest men with the biggest ideas can be shot down by the smallest men with the smallest minds.

Think big anyway!

People won't follow underdogs but follow only top dogs.

Beat the underdogs anyway!

The years of hard work and years building may be destroyed

overnight.

You may need help but may attack you if you ask for it.

Give the world the best you have anyway!

Give the world the best you have and you'll get cut by the teeth.

Give the world the best you've got anyway!

Karma

Freshmen



President—A. Plato  
Vice President—D. Eaton  
Treasurer—E. Phillips  
Secretary—R. Fletcher  
Parliamentarian—E. Penuel







Diana Davis

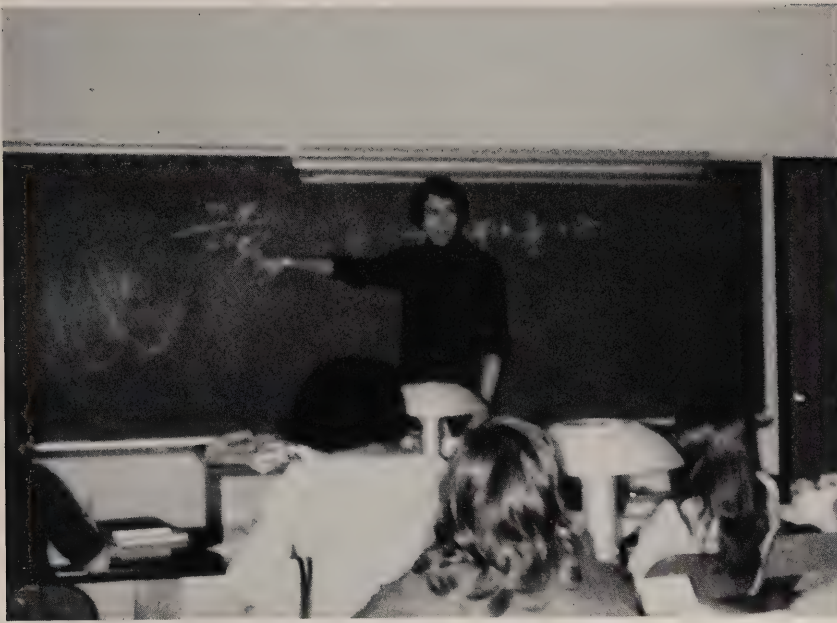


Denise Eaton



Elaine Penuel

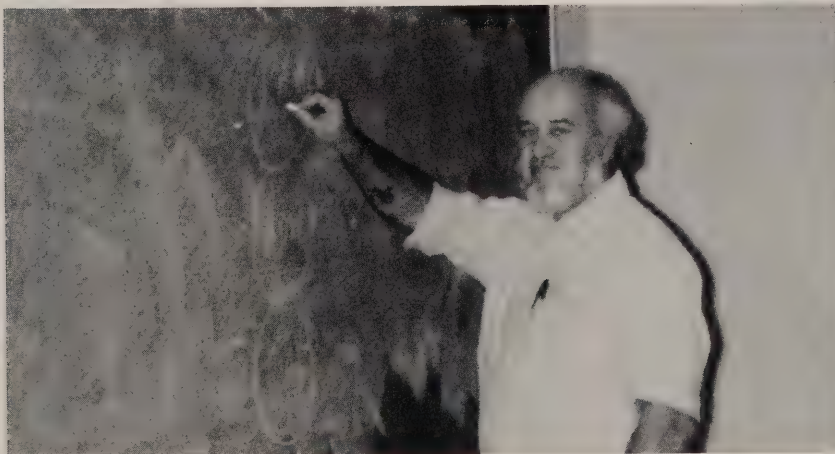




Rebecca Fletcher



Edith Ihrie



Edna Phillips

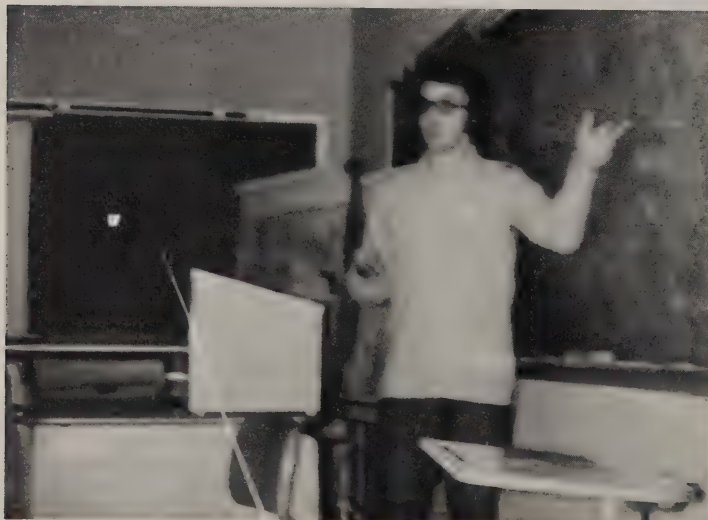


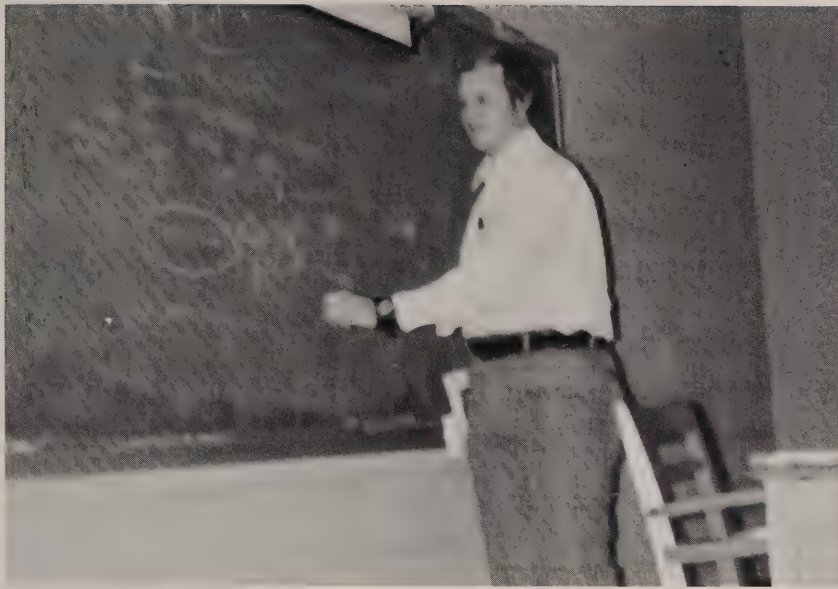


Annette Plato

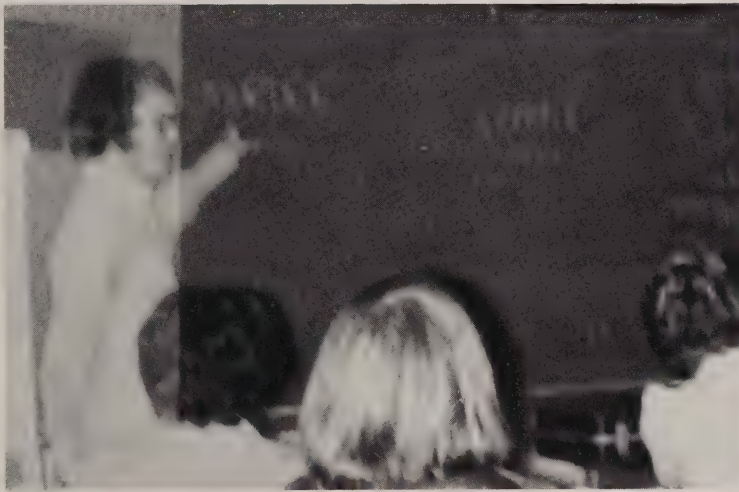


Scot Tucker

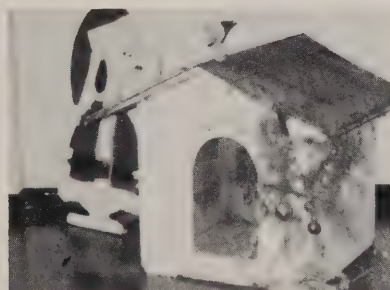




Debbie Sheepwash



Becky Upchurch





# Special Moments

Listen, Nurse

I was hungry and could not feed myself.  
You left my food tray out of reach  
on my bedside table,  
Then you discussed my nutritional needs  
during a nursing conference.

I was thirsty and helpless, but you forgot  
to ask the attendant to  
refill my water pitcher.  
You later charted that I refused fluids.

I was lonely and afraid, but you left me alone  
because I was so cooperative  
and never asked for anything.

I was in financial difficulties  
and in your mind I became an object  
of annoyance.

I was a nursing problem and you discussed  
the theoretical basis of my illness.  
And you do not even see me.

I was thought to be dying and,  
thinking I could not hear, you said you hoped  
I would not die  
before it was time to finish your day  
because you had  
an appointment at the beauty parlor  
before your evening date.

You seem so well educated, well spoken,  
and so very neat in your spotless  
unwrinkled uniform.  
But when I speak you seem to listen  
but do not hear me.

Help me, care about what happens to me,  
I'm so tired, so lonely and so very afraid.  
Talk to me—reach out to me—take my hand.  
Let what happens to me matter to you.

Please, nurse, listen

RUTH JOHNSTON, R.N.



# *Margaret McCarty Award for Clinical Excellence*

This award was initiated by the Class of 1973 of Lenior Memorial Hospital School of Nursing, in honor of Mrs. Margaret McCarty, Instructor of Nursing Education, who died August 30, 1971, in an airplane accident. Mrs. McCarty is remembered for her outstanding competence in the clinical area and for her sincere dedication to the nursing profession.

This award is presented in recognition of the senior student who has shown superior nursing ability and maintained the highest clinical average during her three years of nursing.

A certificate will be presented to the student and her name will be engraved on a plaque which is kept permanently in the nurse's residence.



# *Faculty Award for the Outstanding Senior*

This year the faculty of Lenior Memorial Hospital School of Nursing is privileged to again present an award for the most outstanding senior.

We, the faculty, feel the recipient should have a pleasing, well-rounded personality with the ability to get along well with others, be cooperative, have a record of active participation in student affairs, a thorough knowledge of nursing theory and the ability to apply theory to the total care of the patient.

The student will be presented a small plaque which she will keep and her name will be engraved on a larger plaque which will be kept permanently in the nurse's residence.





# *The Administration Award*

The Administrative Award is given to the student with the highest theory average. The faculty averages the grades and the hospital administrator presents the award. It is a great honor to have achieved such excellence through their three years of academic work.



# Capping



L to R: E. Penuel, R. Fletcher, A. Plato, R. Upchurch, D. Eaton, D. Davis, E. Phillips, D. Sheepwash. Not pictured: S. Tucker.

# Caping



Bottom L to R: J. Davis, D. Wetherington, D. Small, C. White, C. Efird, S. Peedin. Top: G. Wilson, B. Holloman, B. Rupp, R. White, P. Rachiell, S. Mewborn, T. Young.

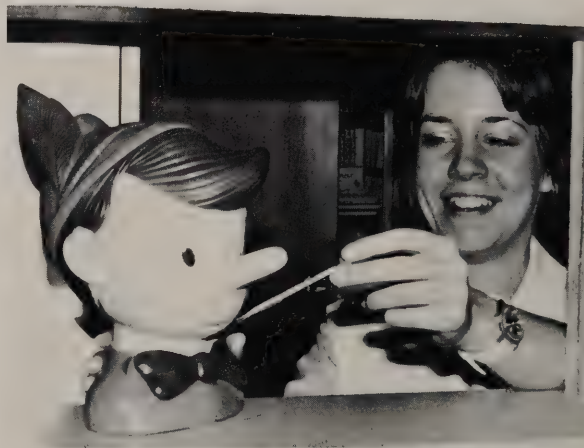


# Banding



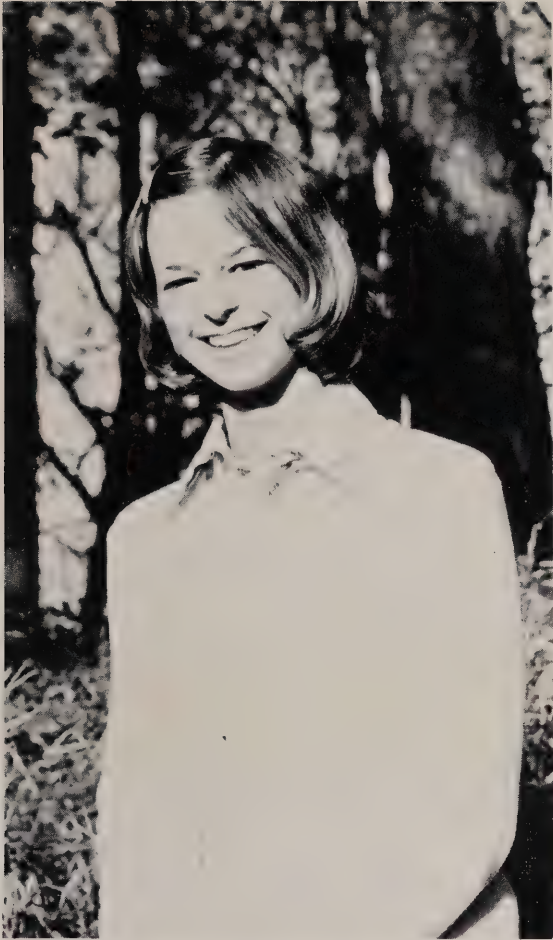
Bottom L to R: V. Taylor, R. Dail, G. Gardner, D. Williamson, J. Beamon, P. Sparrow. Middle: L. Jones, D. Maready, S. Jackson, D. Callihan, D. Huggins, D. Hester, K. Hoffman. Top: S. Rich, A. Kirby, M. Sipes, M. Barnette, L. Parker, P. Southerland, S. Wheeler.

The glorious day finally comes when you are a Senior and say to yourselves, "I'm pleased—I'm happy—I'm thrilled—with me!" At the same time you also realize these three years in nursing school have been "special ones" and you find a "special" happiness in being able to help someone who needs help—now!



# Student Council

President: Mary Barnette  
 1st Vice President: Susan Peedin  
 2nd Vice President: Vickie Taylor  
 Secretary: Charlene Efird  
 Treasurer: Linda Jones  
 Parliamentarian: Debbie Sheepwash  
 Advisors: Mrs. P. Tillman and Mrs. S. Skinner  
 Senior Representatives: Debbie Williamson and Judy Beamon  
 Junior Representatives: Betty Holloman and Renee White  
 Freshman Representatives: Denise Eatson and Edna Phillips



President



Officers



Representatives



# Santa Filomena



Mrs. Fave Sugg, Advisor

Santa Filomena is a senior honorary society whose members are tapped annually at a candlelight ceremony held at the time of banding. The qualifications include a student's initiative as a leader, her ability to demonstrate outstanding nursing care, and her achievements toward a higher scholastic standard. Her scholastic record shall be eighty-seven or above throughout her first two years. The purpose of the organization is to recognize achievement of leadership or shall have made a contribution toward the betterment of the School of Nursing. Santa Filomena strives for better interclass relationship. Through this organization, each student continues to promote leadership. Members may be identified by the miniature gold Florence Nightingale lamp they wear.



Mary Barnette

Judy Beamon



Darlene Hester





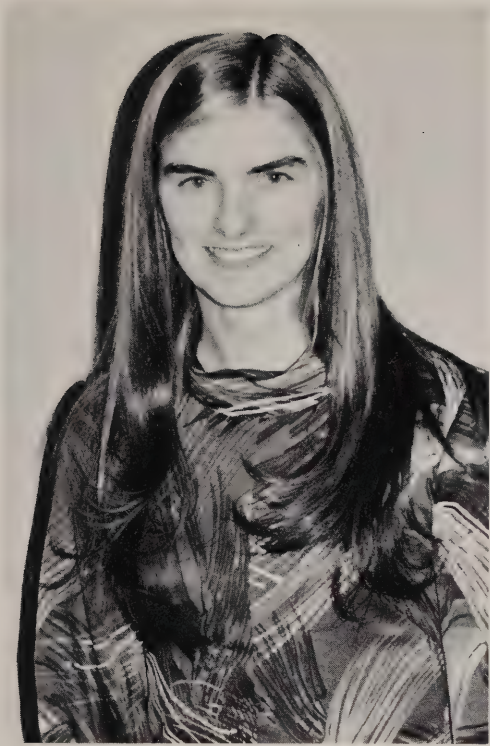


Patty Sparrow

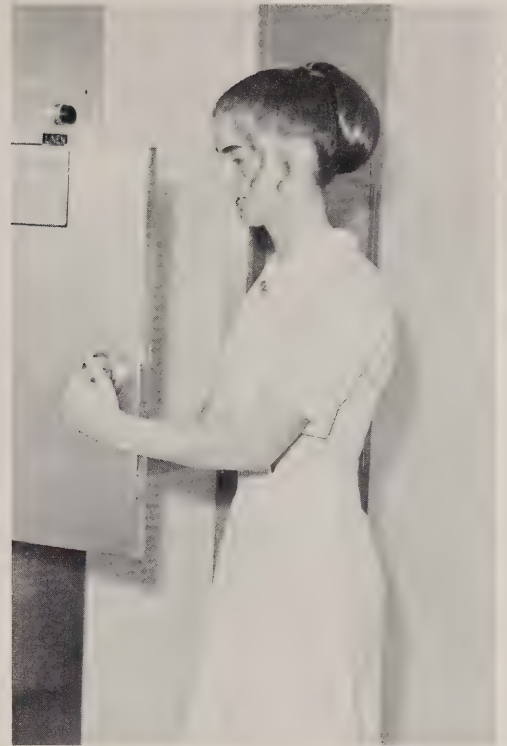


Shelia Wheeler

## Our Student Nurse Of The Year '75-'76



MISS  
RENEE WHITE



## Student Nurses Association



OFFICERS: P. Rachiell—Treas., J. Davis— Sec., R. Fletcher—V.P., D. Wetherington—Pres.



# Annual



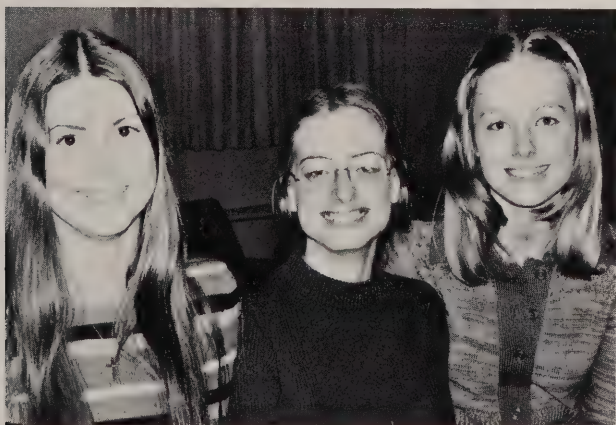
EDITOR: D. Huggins  
ORGANIZATIONS: P. Sparrow, D. Hester  
CO-EDITOR: D. Williamson, JR. EDITOR: D. Small  
TYPISTS: E. Phillips, P. Rachiell  
ADVISOR: S. Britt



# Staff



CLASS EDITORS: B. Holloman, E. Ihrie, M. Barnette  
 ADS: P. Southerland, V. Taylor  
 BUSINESS: D. Wetherington, S. Wheeler  
 DOCTORS & NURSES: D. Callihan, L. Parker  
 CIRCULATION: J. Beamon, D. Sheepwash, S. Peedin  
 PHOTOGRAPHER: S. Rich







# Challenge

Every man has within him the ability  
to do great things.  
His touchstone is challenge.

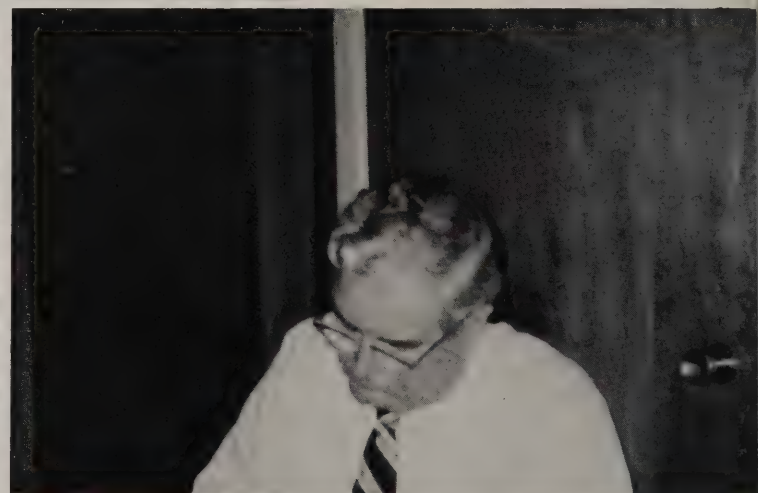
No matter what his field of endeavor,  
a man must measure himself  
against the demands of his world.  
To rise to the challenge . . . ultimately this  
is the reason men  
build bridges, climb mountains,  
and do a thousand other things  
that manifest personal  
achievement and satisfaction.

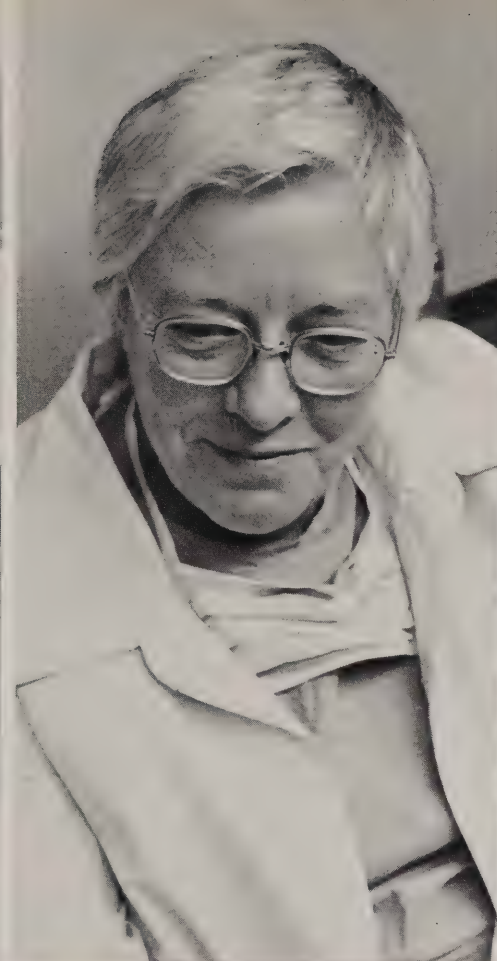




Below left to right: Dr.  
Fleming Fuller, Dr. Sam  
Parker, Dr. Bennett  
LaPrade

Opposite page left to right:  
Dr. Jean Smith, Dr. R.I.  
Mintz, Dr. Ross Fogleman,  
Dr. Sam Gilmore

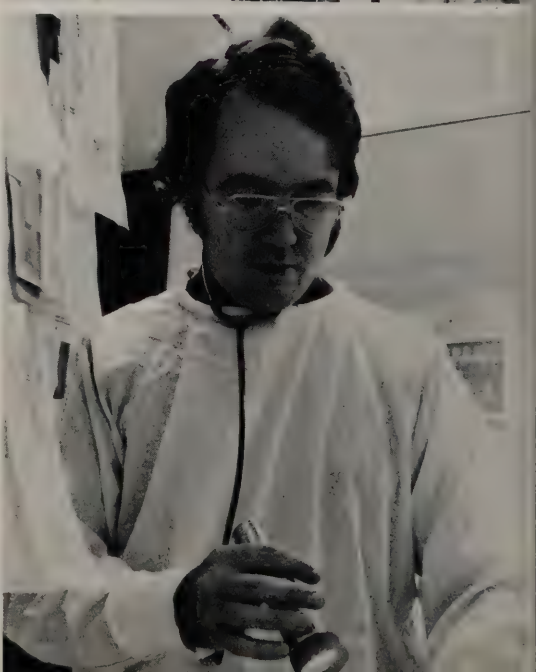
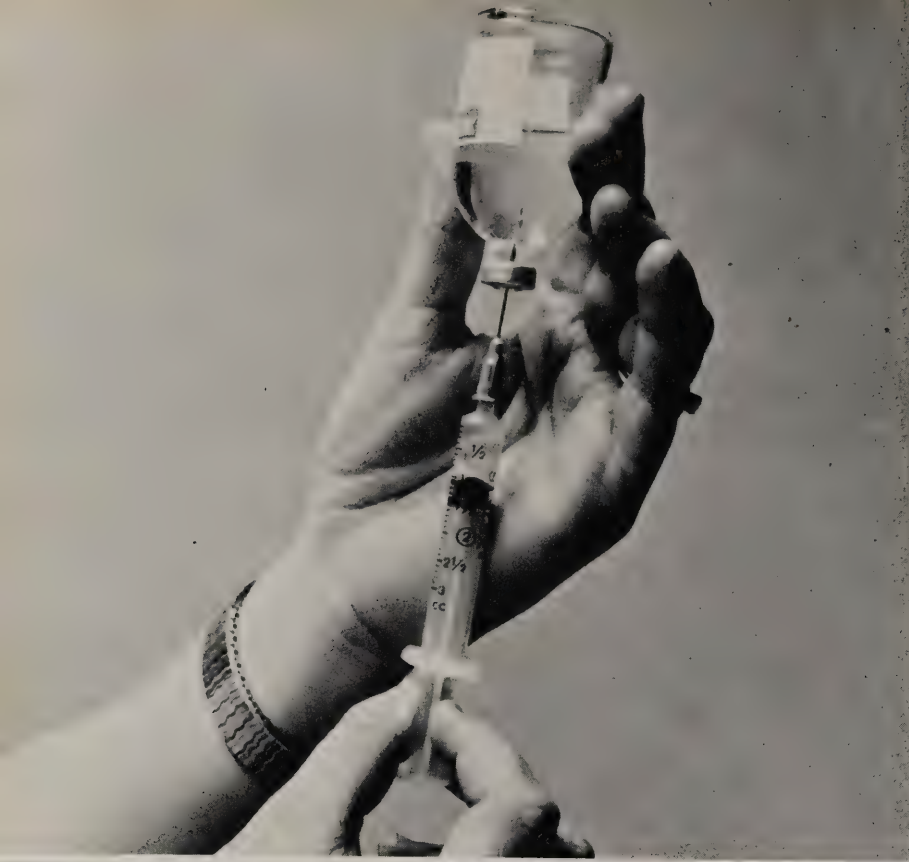




Those who bring sunshine to the lives of others—  
cannot keep it from themselves.

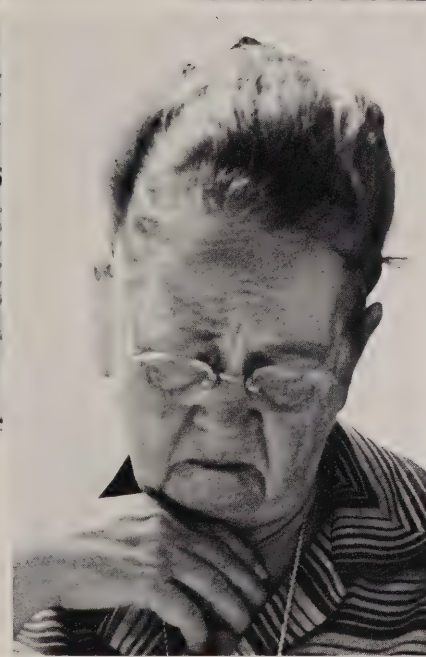
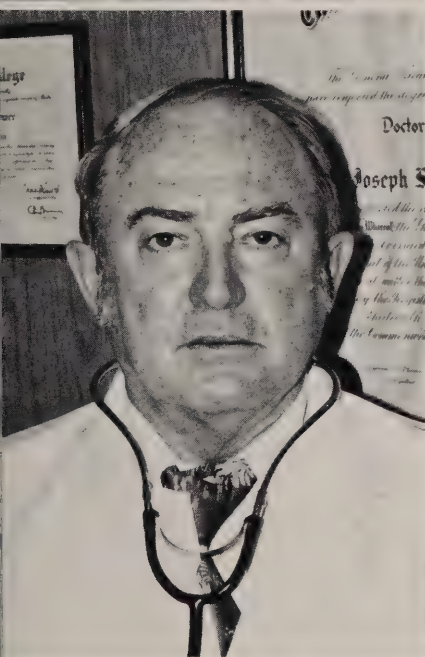






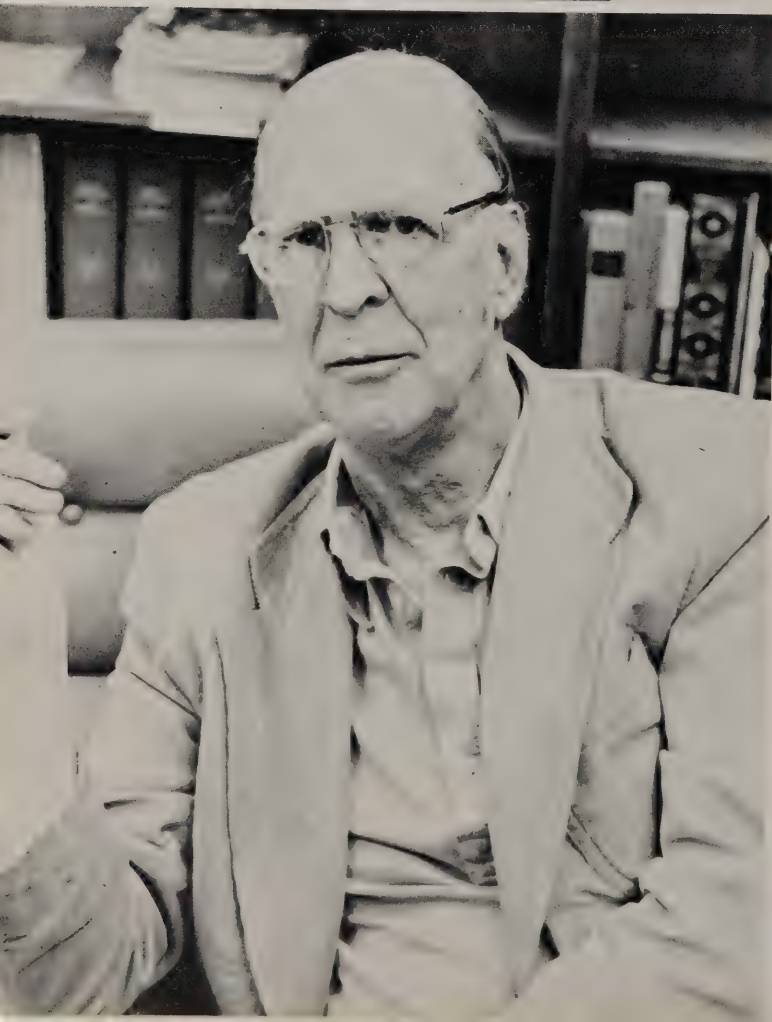
Above, top corner: Dr. Charles Herring  
 Left to right: Dr. Cecil Wooten, Dr. George West, Dr.  
 Cgristopher Bremer, right: Dr. Thomas White  
 Opposite page to right: Dr. Hubert Pierce, Dr. Tom  
 Parrott, Dr. Rose Pully  
 Dr. Joseph Bower, Dr. Rachel Davis, Dr. Eugene Watson  
 Dr. Linwood Williams.



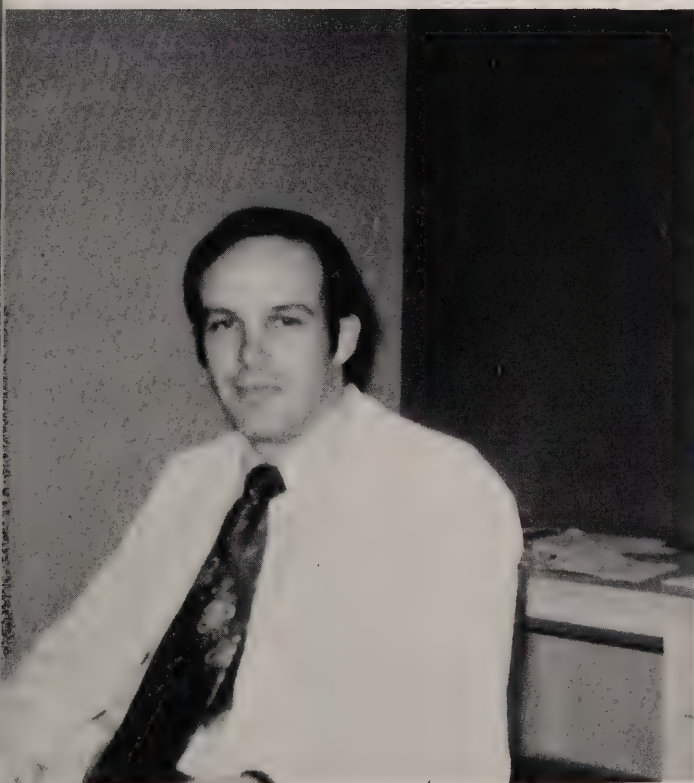
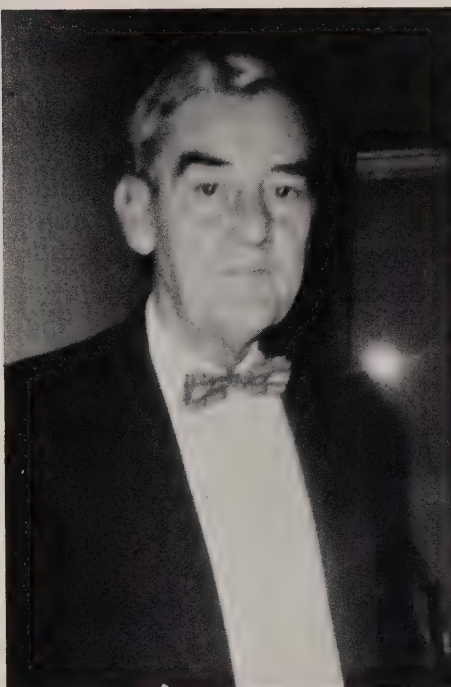


We need to have people  
Who mean something to us,  
people to whom we can turn ...





Opposite P: Upper Left: Dr. Riddick  
 Lower Left: Dr. Cranz  
 Lower Right: Dr. Dubose  
 Upper Left: Dr. Dalton  
 Upper Right: Dr. Dale  
 Lower Left: Dr. Craig  
 Lower Right: Dr. Witherington



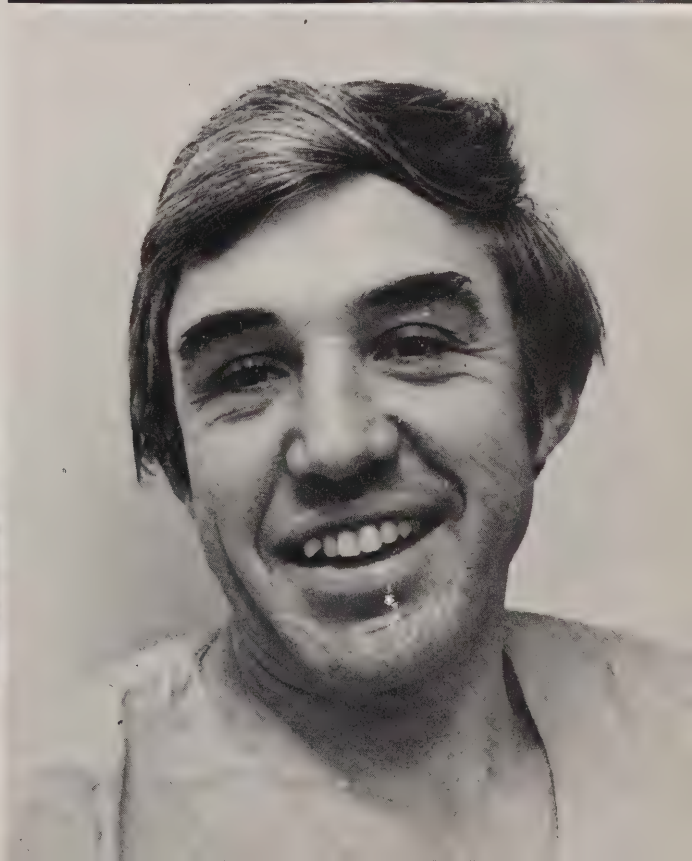
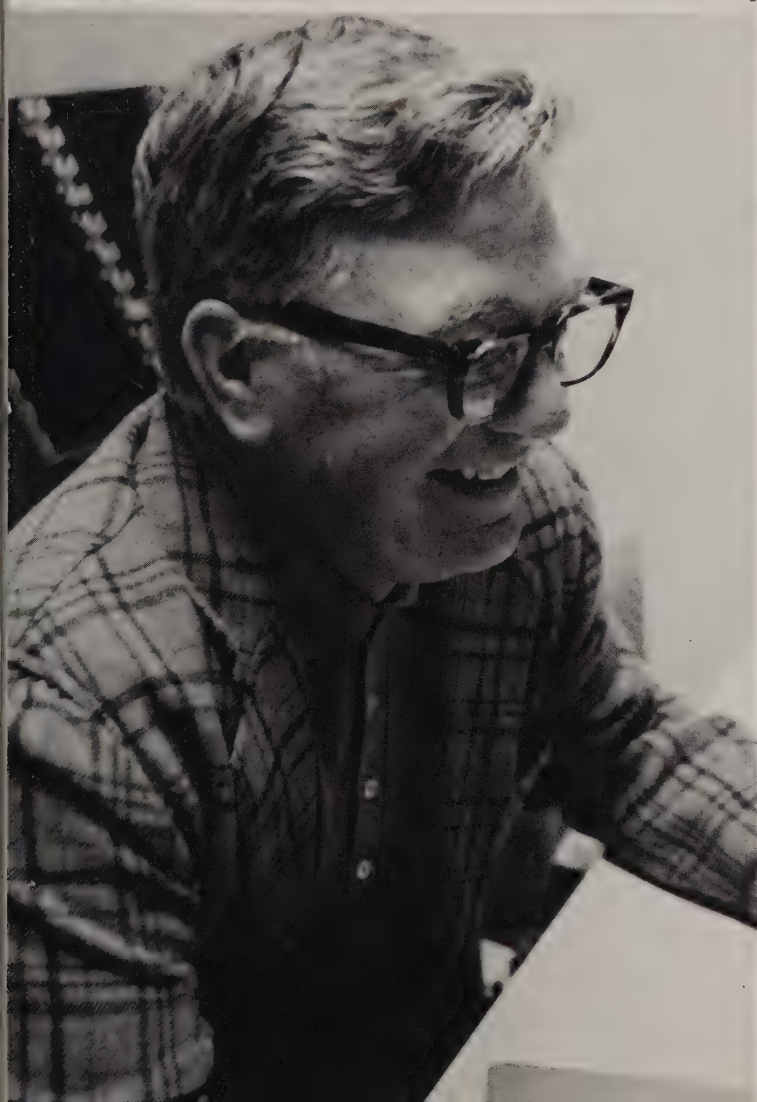
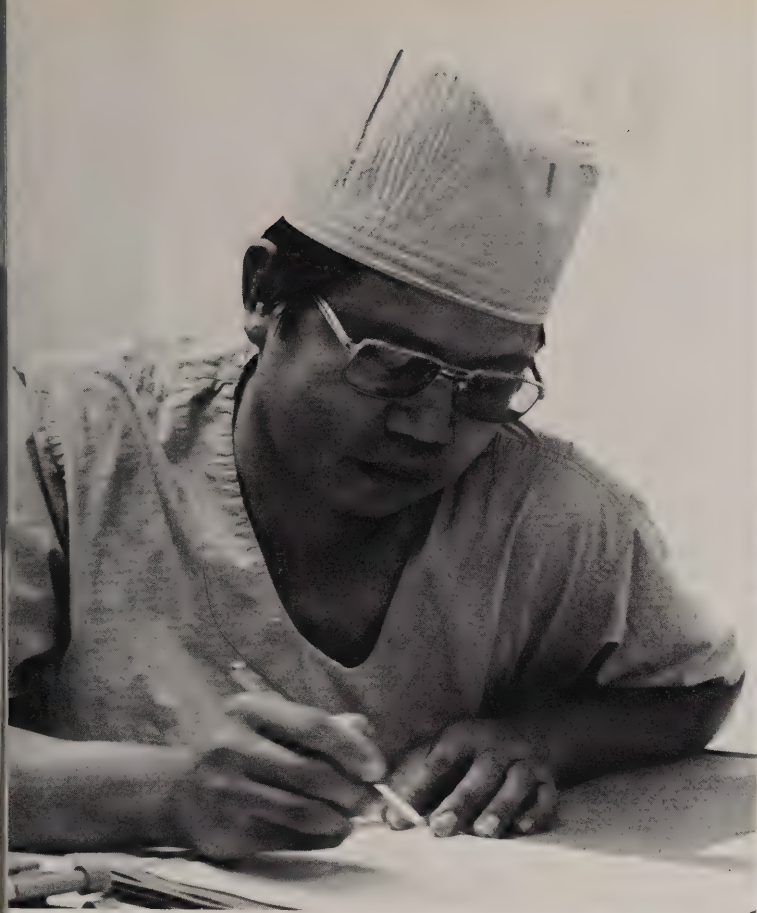




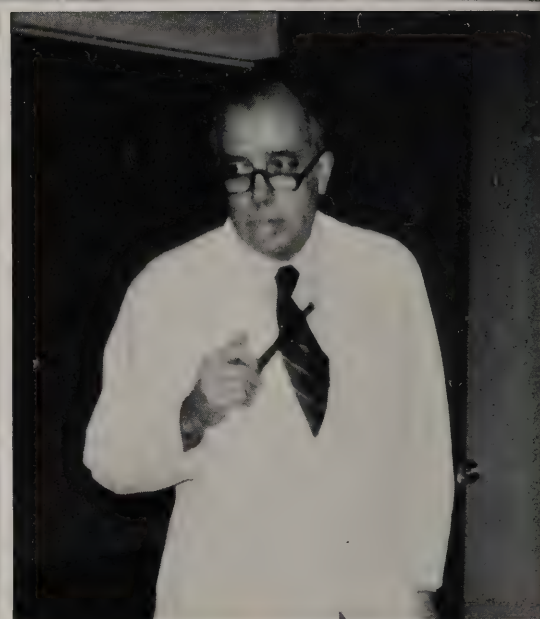
Special Memories  
Always there,  
Special people  
Took time to care.

Upper Left to Right: Dr. Bouzigard, Dr. Pate, Dr. Classen  
Middle Left to Right: Dr. Cooper, Dr. Nye, Dr. Langley  
Opposite P: Upper Left: Dr. Tejano  
Upper Right: Dr. Spigner  
Lower Left to Right: Dr. Henderson, Dr. Sabiston

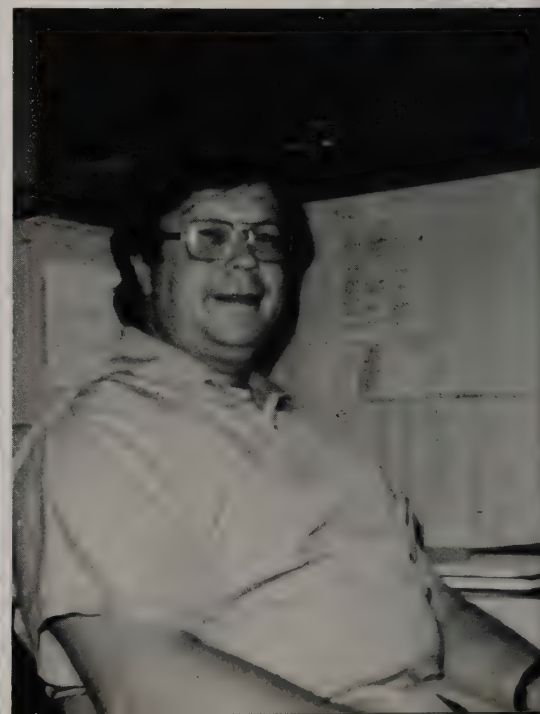






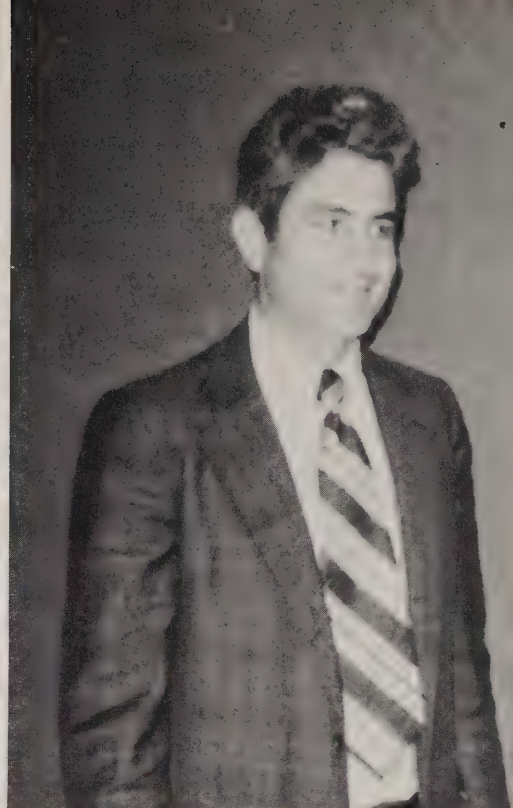


Above, Left to Right: Dr. Kim,  
Dr. John Flournoy, Dr. William  
Keiter, Jr., Dr. James Peoples,  
Dr. Simmons Patrick  
Right: Dr. C.F. West, Dr.  
Parmalee





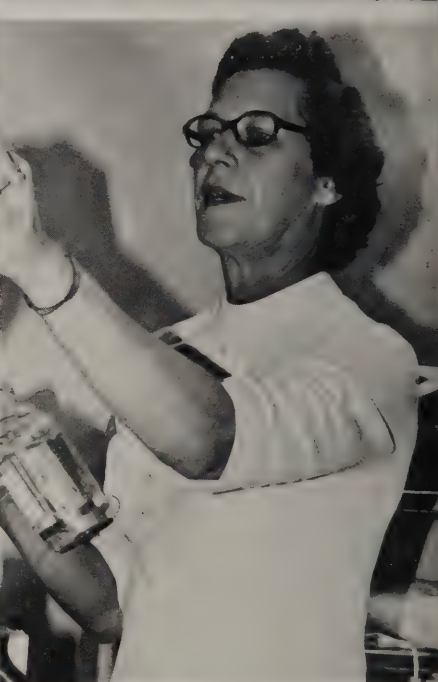
Dr. Grover Smith



Dr. J.L. Phillips



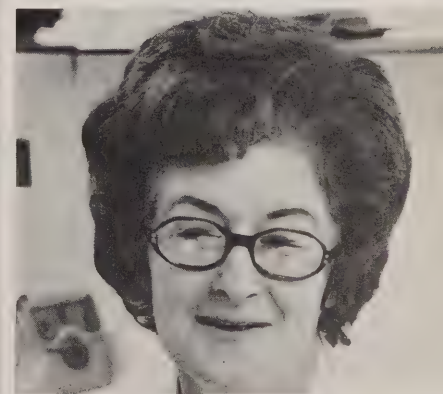




Mrs. Cauley  
Mrs. Parrott  
Mrs. Roop  
Mrs. Casper

Mrs. Andrasi  
Mrs. Parsons  
Mrs. Pippin

Mrs. Motoko  
Mrs. Green  
Mrs. Shivar



Mrs. Chambers  
Mrs. Howard  
Mrs. Morgan  
Mrs. Jones

Mrs. Joyner  
Mrs. Travis  
Mrs. Albertson  
Miss Elmore

Mrs. Evans  
Mrs. Carruth  
Mrs. Zilke  
Mrs. Moore



## In Appreciation

You almost stumble and fall, but she picks you  
up on your way down.

You falter and tears come to your eyes, but  
she brings laughter to your lips,

You make a fool of yourself but she lets you  
know you haven't done a permanent job in  
doing so,

You feel lost, confused and count life as a  
complete flop, but just knowing she cares can  
make life worth the effort.

She is now as she will always be—

A Friend—*MRS. ROSALIND MCDONALD*



# Dormitory Staff



## Housemothers

Mrs. Sally Howard

Mrs. Beulah Barbour

Mrs. Alma Holbrook

Mrs. Thelma Johnson



## Housekeeping

Matthew Cobb

Bessie Whitaker

*We Love You All*



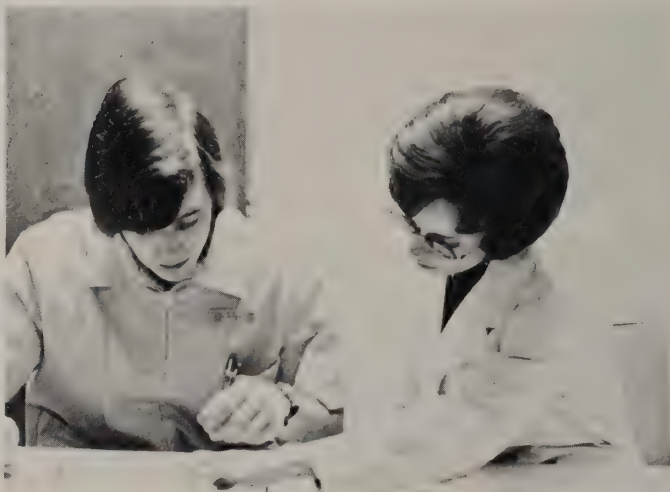


Mrs. Faye Sugg, R.N.

### Fundamentals

The way we begin ...

A Smile of Encouragement, A Guiding Word,  
Someone to understand our discouragements  
And change them into learning experiences.  
Who gives us a basis for understanding  
What makes the difference between just  
being a nurse and being a *good* nurse.



Mrs. Glenna Ham, R.N.

## Med-Surg

And then . . .  
A word of trust, an approving nod.  
Someone who gives us responsibilities  
And trusts us to follow through with them.  
Who understands the difficulties we face  
In changing from uncertain inexperience  
Into confident maturity.



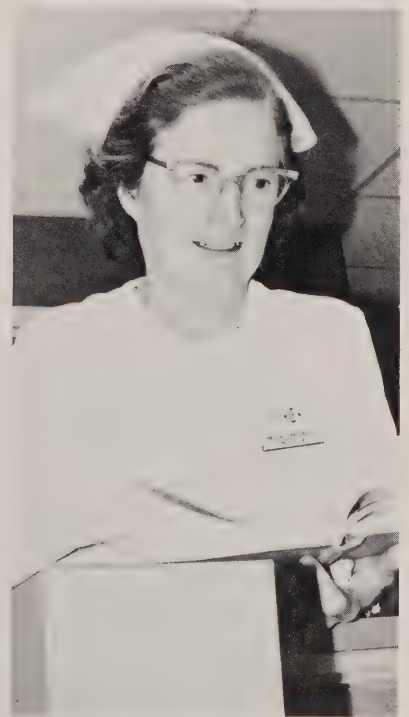
Mrs. Skinner



Mrs. Tillman



Mrs. Britt



Mrs. Johnson





Psychiatry

Until finally ...

An expression of challenge, A reflecting thought.

Someone who allows us to take the reins in

Our own hands and become a leader,

Who rejoices to see the self-reliance we have

Gained and the change we have made ...

From the way we were.

## SPECIALTIES



R. McDonald, Peds.



A. McKeel, R.R.



S. Skinner, O.B.



D. Hoffman, O.R.

## Administration



Mr. Dan Duval  
Hospital Administrator



Theodore Koldjeski, R.N., M.S.  
Director of Nur. Educ.  
and Service



Sarah Skinner, R.N., B.S.  
Assist. Director of  
Nursing Education

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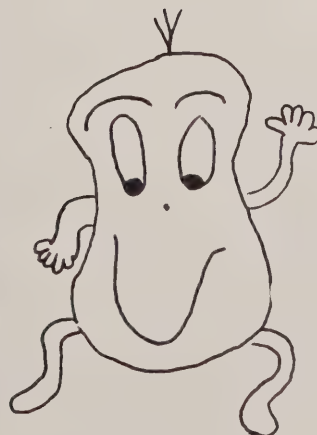
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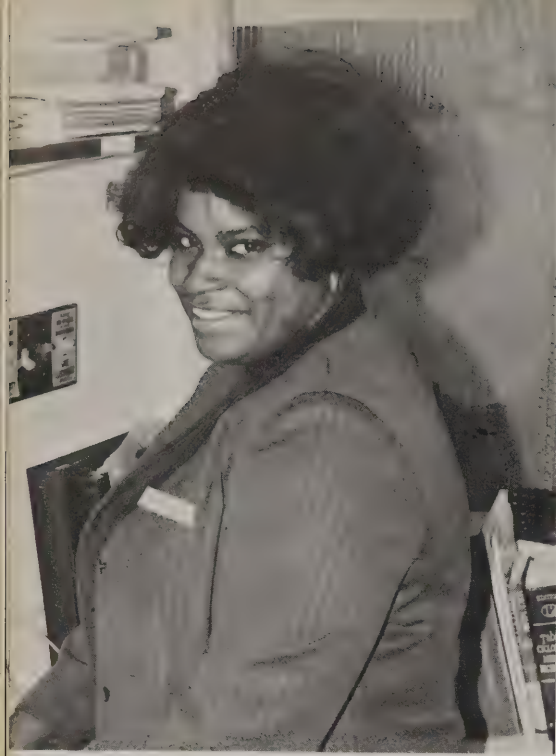
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I would like to express my thanks to Mr. Joe Allegood, Mr. Keith Barnes, Mrs. Susan Britt, Mrs. Sarah Skinner, and especially the entire annual staff. I do not know what I would have done without your help, understanding, and patience. This was a very hectic time for all of us, but we pulled through, because we had staff co-operation, without which, there would not be an annual. Many thanks again.

Ms. D. Huggins

















































